Mens Issues How To Boot Camp: The Fast and Easy Way to Learn the Basics with 132 World Class Experts Proven Tactics, Techniques, Facts, Hints, Tips and Advice

Copyright ©

Notice of rights

All rights reserved. No part of this book may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher.

Notice of Liability

The information in this book is distributed on an “As Is” basis without warranty. While every precaution has been taken in the preparation of the book, neither the author nor the publisher shall have any liability to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the instructions contained in this book or by the products described in it.

Trademarks

Many of the designations used by manufacturers and sellers to distinguish their products are claimed as trademarks. Where those designations appear in this book, and the publisher was aware of a trademark claim, the designations appear as requested by the owner of the trademark. All other product names and services identified throughout this book are used in editorial fashion only and for the benefit of such companies with no intention of infringement of the trademark. No such use, or the use of any trade name, is intended to convey endorsement or other affiliation with this book.

Looking for the straight facts on Mens Issues?

In this clear and highly informative how-to guide the authors give you the latest on Mens Issues essentials with 115 of the most current, most actual and beneficial Facts, Hints, Tips and Advice you can find from experts in the field on Mens Issues.

Discover How to, Sound and Practical Advice on:

- Time to Ejaculation - Discover the Only 2 Ways to Extend Your Time in the Bedroom Successfully
- Does Penis Size Matter to Women? Here is the Shocking Discovery You Have Been Searching For
- Things to Consider When Using Natural Methods to Enlarge Your Penis Quickly and Permanently
- Does Penis Size Really Matter to a Girl? - Here is the Answer You Have Been Desperate For!
- How to Delay Ejaculation For Men to Last Longer - The 101 on Premature Ejaculation
- Hypnosis and Men's Issues - is There a Place For Hypnosis During Your Vasectomy?
- Mens Issues - How To Lose Man Boobs By Changing Your Lifestyle
- Men's Health - Lose Your Man Boobs Now - Action and Reaction
- Sexual Stamina Exercises - A Great Way to Last Longer in Bed
- How to Produce More Semen - Get to the Root of the Problem

...And Much More...

Get up-to-date on the latest trends, Learn from the Experts, and get their Success Secrets now.

Table of Contents

2 Keys to a Larger Penis....13
3 Simple Steps to a Bigger Penis....14
A Bigger Penis Through Jelqing Exercises....16
A Good Way to Increase Penis Size!....18
A Guide to Free Testosterone....19
A New Choice For Men's Shaving? Not Really!....21
A Simple Way to Increase Sexual Stamina....23
A Week of Hand Exercises That Put You on Your Way to Adding 3-4 Inches to Your Penis....25
Alternatives to Increase the Volume of Semen....26
Andropause - Men's Slow-Motion Version of Menopause....28
Are You A Metrosexual?....30
Are You Considering A Vasectomy?....32
Best Way for Men to Shave Their Pubic Hair....33
Check it Out - Men's Issues....35
Chest Reduction for Men....36
Choosing a Men's Therapist....38
Dealing With Mens Sexual Dysfunctions....40
Diabetes and Men's Sexual Health....41
Diet and Exercise - Weight Loss Issues For Men....44
Do Nerves Effect ED?....47
Do Penis Enhancements Wear Off?....48

Do You Know The Best Sexual Position? 50
Do You Know Why Penis Girth Is Important To Women? 51
Do You Really Want to Be Tiny All of Your Life? Make a 2-4" Change NOW & Forever Be Happy 54
Do You Want a Bigger Penis? How to Make Your Penis Bigger Easily! 55
Do You Want to Produce More Semen? Loosen Your Shorts & Eat Your Spinach to Increase Semen Amounts! 58
Does Acupuncture Help With Impotence? 60
Does Penis Size Matter to Women? Here is the Shocking Discovery You Have Been Searching For 61
Does Penis Size Really Matter to a Girl? - Here is the Answer You Have Been Desperate For! 63
Does Smoking Cigarettes or Marijuana Lower Your Semen and Sperm Production or Sex Drive? 64
Embarrassing Curve In Penis - Is It Natural For A Penis To Curve To The Left? 66
Enlarged Breast in Men- How to Get Rid of Chest Fat or Gynecomastia 67
Erectile Dysfunction (ED) 69
Erectile Dysfunction - Issues and Solutions Part 2 70
Erectile Dysfunction Aids 74
Erectile Dysfunction Issues 76
Exercise Can Overcome Mens Problems 77

Gain Harder Erections Forever With These Penile Enlargement Techniques Now! 79
Gay Men and Penis Enlargement Issues 81
Getting a Big Penis the Natural Way 83
Growing Male Breasts - For Men Who Want to Grow Breast 84
Hard Erection Herbs - The Best Herbal Libido Supplements For Harder Erections 85
Herbal Male Enhancement Supplement - The Safety Issues of Herbal Male Enhancement Supplements 87
How Do Male Enhancement Pills Like Virility Ex Work to Increase the Male Libido 88
How to Control Ejaculation - 5 Easy Tips to Last Longer in the Bed 90
How to Correct a Bent Penis Without Resorting to Painful Surgery? 92
How to Correct Curvature of the Penis 93
How to Deal With a Small Penis 95
How to Delay Ejaculation For Men to Last Longer - The 101 on Premature Ejaculation 97
How to Eat Your Way to a Bigger Penis - The Real Secret of Foods That Make Your Penis Grow 98
How to Fix a Crooked Penis 100
How to Get a Big Penis Fast 101

How to Get a Big Penis Fast - How to Enlarge Your Penis Safely in 2 Weeks 103
How to Get a Bigger Penis - Earth-Shattering Tips You Need to Know 105
How To Get A Chiseled Jawline - Can You Really Enhance The Jawline Through Jawline Exercises? 107
How to Get a Fatter Penis Quickly 108
How To Get A Flat Chest 110
How To Get A Larger Penis Size 111
How to Get a Rock Hard Erection 113
How To Give A Female An Orgasm 114
How to Go From Dud to Stud in the Bedroom! 115
How to Grow a Large Penis Quickly 117
How to Hold Ejaculation - The Easy Way 118
How to Increase Sexual Stamina For Men 120
How to Lose a Beer Belly 121
How to Measure the Penis Size Accurately 123
How To Meet The Needs Of Men's Health 125
How to Naturally Lengthen the Penis 126
How to Pick the Best Male Enhancement Strategy - These 2 Sly Secrets Are a Must For You to Know 127
How to Produce More Semen - Get to the Root of the Problem . 129
How to Stop Premature Ejaculation - 5 Ways to Delay Yourself in the Bedroom 131

Hypnosis and Men's Issues - is There a Place For Hypnosis During Your Vasectomy? 133
Is Penile Surgery The Answer? 135
Just How Safe Are Herbal Male Enhancement Pills And What Do They Contain? 137
Laser Hair Removal Surgery Issues 140
Make Other Men Jealous With a Huge Penis - Would You Like to Add 4 Inches to Your Size? 142
Male Breast Enlargement Products - Men's Options for Male to Female Breast Enlargement 144
Male Enhancements' Effect on Men's Health 146
Male Infertility Issues And Cure 147
Male Penis Enlargement - Small Penis, A Curse For Men 148
Male Yeast Infection - How To Treat It Quickly! 150
Mature Men and the Health Issue They Ignore 152
Men Facial Care Tips 154
Men's Biological Clock 155
Men's Health - Angst, Man Boobs and Strategies 157
Men's Health - Lose Your Man Boobs Now - Action and Reaction 159
Men's Health - Testosterone And How To Get Rid Of Man Boob 161
Men's Health Issues 163

Men's Issues - How To Get Rid Of Man Boobs When Surgery Won't Cut It 165
Men's Issues - Yeast Infection Prevention Is The Best Plan To Avoid Yeast Infection In Men 167
Men's Problems 169
Men's-Issues - Why Learn How To Get Rid Of Man Boobs Naturally - Here Are 5 Reasons 170
Mens Health - Lose Your Man Boobs Now 173
Mens Issues - How To Lose Man Boobs By Changing Your Lifestyle 176
Mens Quiz - What Body Type Are You? 178
Most Effective Penis Enlargement Pills - A List of Facts 182
Natural Way to Get a Bigger Penis 184
Penis - Why Society's Perception of Penis Size is Men's Apprehension 186
Penis Enhancement Pills - Vimax Vs ProSolution Pills 187
Penis Enlargement Drugs - Do Penis Enlargement Drugs Really Work For Men? 189
Penis Extender - Do You Really Need a Penis Extender to Gain Size? 190
Penis Growth and Penis Enlargers - How to Get a Bigger Penis & How to Increase Penis Size Naturally! 192
Penis Measurement the Right Way 194
Penis Size - A Woman's Point Of View 197

Premature Ejaculation - Issues and Solutions 198
ProExtender - How to Straighten a Penis Curvature? 205
Pubic Grooming For Men.....207
Reasons You May Have Issues With Sperm Production.....208
Reliable Information Answers Men's Sexual Health Questions..210
Sex and Mens Grooming 212
Sexual Stamina Exercises - A Great Way to Last Longer in Bed .213
Should You Be Concerned About Testicle Size? 215
So You Want a Bigger Penis - Is Surgery the Only Answer? 217
Some Ways to Get a Bigger Penis.....219
Taking Zinc for Male Infertility Issues 221
Terminating Men's Health Issues.....223
The Importance of Men's Health Supplements.....225
The Increase in Mens Grooming 227
The Issue of Small Penis Size 228
The Men's Health Taboo.....230
Things to Consider When Using Natural Methods to Enlarge Your Penis Quickly and Permanently 231
Tight Foreskin Exercises - Stretching is the Key 233
Time to Ejaculation - Discover the Only 2 Ways to Extend Your Time in the Bedroom Successfully 234
Tips to Get a Bigger Penis - Find Out All You Can on How to Get a Bigger Penis.....235
Velvet Deer Antler For Men's Health 236

What is the Best Male Enhancement Forum? 238
Why Do Men Have To Be Circumcised? 240
Why Many Believe Endowmax to Be the Among the Best Male Enhancement Pills..... 241
Women - Give Your Man a Priceless Gift - Help Him Live a Longer Healthier Life 243
Women Prefer a Thicker Penis to a Longer Penis - Is This the Truth? 245
Would You Like Some Great News? You Can Get a Bigger Penis Using Natural Enlargement - Add 4" FAST..... 247
Yeast Issues For Men..... 248

2 Keys to a Larger Penis

In this article, we are going to talk about the about the true keys to a larger penis. The simple reality is that the vast majority information out there regarding penis enlargement is not accurate. Why? For the most part, these folks are selling products, pumps, pulleys, potions, lotions and otherwise that they WANT you to buy, and as such, need to be a bit more, shall we say....."creative" with the copy they use to get you to buy them..:-) As someone who has struggled (and SOLVED) my own size issues, I can tell you the real KEY to a larger penis can be found in the following two steps. Read on below as I share them.

Step #1 : Learn EVERYTHING You Can About Your Anatomy. Yes, it FLOORED me how much I didn't know about my very own manhood when I first got started. And this one simple step was the catalyst to FINALLY finding what really worked, rather than what I had been struggling with stuff that was ONLY designed to take my money.....and simply COULDN'T possibly be effective. (once I learned how my penis REALLY grows!)

Step #2: Start a Natural Male Enhancement Exercise Regimen : Yes, this is TREMENDOUSLY important, easy and the ONLY enlargement method we recommend. Why? It's quite simple. Natural exercise does the TWO things well that you need to grow your anatomy, and it does them holistically: Increases the tissue mass, AND helps facilitate better blood flow to and through your blood vessels. And the TRUTH is, these are the only two things you NEED to get super size and great gains for sure!

As with everything else in the Men's health domain, knowledge is POWER, and information is EVERYTHING!

And remember, with our modern day understanding of anatomy, and the variety of holistic, alternative, natural approaches to OPTIMIZING our bodies in all sorts of ways...it is now common practice for men everywhere, who know how - to systematically improve, build and increase our penis size and do it quickly.

The need for creams, hanging weights and other esoteric methods are not only strange and potentially dangerous - they are also finally completely obsolete and unnecessary.

So while they may be laughing at you behind your back ...trust me, they won't be for long! Take a little bit of time and learn how your anatomy works, and how simple exercises and optimizations you can make, everyday can yield a RADICAL increase in your penis size without the worry. I did...and it was the best decision I ever made!!

Amos Amsterdam

3 Simple Steps to a Bigger Penis

In this article we are going to talk about the very simple steps that I recommend to ANY man interested in making his penis bigger. The simple truth is that there are so many superficial and silly male enlargement strategies, pills and products on the market at ANY given time that it's overwhelming, right? I know....BOTH as someone who has struggled and overcome my OWN size issues, as well as an editor of a popular online Men's health blog magazine as well. (and author of HUNDREDS of male enhancement articles) With this in mind, due to the incredible amount of inquiries we receive on JUST this topic alone, here is my 3 step process to a more powerful penis below. Read on.

Step #1: Make Small but Subtle Dietary Changes

Yes, it's true....the foods you eat, DO have some bearing on the size and strength of your anatomy. Foods that are high in antioxidants that dilate and facilitate proper blood flow are PROVEN to help in all kinds of anatomical improvement areas. Which foods are best? Dark berries (blackberries are best), dark chocolates, green teas, and some oily fishes like Salmon and Sardines can have super benefits.

Step #2: Start a Natural Male Enhancement Exercise Routine

Yes, say goodbye to the pills, the pumps, the pulleys, the potions, the lotions and ALL of the nefarious nonsense they want you to buy. Simply stated, all natural enlargement exercise is the FASTEST, and most efficient way to build a more powerful penis that I know of. Simply DON'T wait another day, and start. The gains can ONLY begin after you've begun!

Step #3: Diversify, Vary and Cross Train

Yes, you WILL need to diversify your routines, and your overall regimen on a regular basis. Learning new exercises is a GREAT way to amp UP the effort and break through size plateaus that you WILL hit simply by sticking with one approach. Above ALL else, I credit much of my success to just this one practice alone.

As with everything else in the Men's health domain, knowledge is POWER, and information is EVERYTHING!

And remember, with our modern day understanding of anatomy, and the variety of holistic, alternative, natural approaches to OPTIMIZING our bodies in all sorts of ways...it is now common practice for men everywhere, who know how - to systematically improve, build and increase our penis size and do it quickly.

The need for creams, hanging weights and other esoteric methods are not only strange and potentially dangerous - they are also finally completely obsolete and unnecessary.

So while they may be laughing at you behind your back ...trust me, they won't be for long! Take a little bit of time and learn how your anatomy works, and how simple exercises and optimizations you can make, everyday can yield a RADICAL increase in your penis size without the worry. I did...and it was the best decision I ever made!!

Amos Amsterdam

A Bigger Penis Through Jelqing Exercises

Penis size has been a concern of men for generations. Nothing gives a man confidence like having a bigger penis than his neighbor, and being able to really satisfy women in bed.

Equally, nothing saps his confidence like being below average size, and leaving women wanting more. One of the earliest practices was jelqing, or 'milking'. It is an Arabic technique, and involves fairly simple exercises, carried out using only the hands - no other devices are required. So how does jelqing actually work?

A Little Anatomy

The part of the penis which holds blood when you get an erection is called the Corpora Cavernosa. The reason the exercises were and are so effective is that they increase the amount of blood the Corpora Cavernosa can hold. Quite simply, the more blood

which the penis can hold, the bigger it can get, both in length and girth.

The perfect jelqing exercise will

Improve the elasticity of the skin, to allow the erection to grow to its full potential

Improve the blood flow to the spongy tissue that makes up the penis

Beginner Jelqing

So, where to start? Always remember, the penis is a delicate instrument, and must be treated with respect! Although simple and safe when you know how, jelqing exercises must be carried out properly and carefully.

Always warm up - the easiest way is to put a warm wet washcloth around your penis for a couple of minutes. This increases the blood flow which makes the exercises more effective. Here is a good starter exercise. Apply a little lubrication, such as baby oil. Use your thumb and forefinger to lightly massage your penis and, applying only light pressure, gently squeeze blood from the base of the penis to the head. Continue this routine for about 5 minutes. The aim is to encourage blood the whole way through your penis, expanding the spongy tissues, and so allowing it to grow.

If you do this on a daily basis, you will start to see results. You can then move on to more advanced methods to accelerate your rate of growth.

Jack Lockhart is an expert in men's sexual health. If you would like more information about penis enlargement, you can download a FREE report at http://www.biggerbetterman.com

Jack Lockhart

A Good Way to Increase Penis Size!

As we ring in the new year, one thing will stay the same. You are still going to have that small penis that has all but destroyed your self confidence. Maybe you have spent the last couple of years looking for a good way to increase penis size, only to end up frustrated and disappointed because the methods failed you each and every time.

If this sounds all too familiar, take heart! There is one method out there that is guaranteed to pack on some size to your needy package. In fact, for me it turned out to be the best way to get a bigger penis that I have tried, and I have tried a bunch of them! Before I tell you what method is guaranteed to add from 1 to 4 inches of size for you, let me tell you about some methods that failed miserably for me. I want you to know that you are in good company!

Like everyone else, I wanted to increase my package the easiest way possible. To me, that seemed like taking a male enhancement pill each day. Even though they were a bit on the pricey side, costing around $60 a month, it was a simple matter to pop a pill each day, and just wait for the inches to add on. One and a half years later, I was still waiting for that first fraction of an inch! For me, I might as well have been taking a candy coated tablet of some sort. It would have done as much good! There is absolutely no ingredient in the male enhancement pills that will produce growth. I just cannot believe it took me so long to figure that out!

I added a penis pump to my collection of gadgets that promised to be a good way to increase penis size. While it di pump up a nice erection, as soon as I removed my organ from the plastic cylinder it went back to the same old 5.5 inch erection. Not a smidgen of permanent growth occurred. These contraptions are used as an aid for impotence, and nothing more. I think it took me so long to get rid of it because it did kind of feel good! It just did not do what I wanted it to do, that is make my penis bigger!

The best way to get a bigger penis that I found is an all natural penile exercise program. I bought one that was 100% guaranteed to work, and believe it or not, it did! When I started doing the exercise routines on a daily basis my erections measured a shabby 5.5 inches long, and almost 5 inches around. Within a couple of weeks my circumference was over 5 inches. That may not sound like much of an increase, but it was more than close to two years of pills and pumps had provided! Well, it was only the beginning any way. Within about six months my erections measured over 7 inches in length, and my girth was up to almost 6 inches around! Now, that was some fantastic results. As you may imagine, I never needed to use the money back guarantee! Every inch I gained has been permanent, too! If you truly want a good way to increase penis size, all natural penile exercises are the only way to go. Look for a program online, so you can order privately. No one needs to know what you are doing. Find a program with a money back guarantee, and you can try it risk free. You can really make it a happy new year with your new, man sized package!

For the very best all natural penis enlargement plan available VISIT .

With a 100% money back guarantee, you WILL get a bigger, thicker penis, or you WILL get your money back! Check out Natural Penis Enlargement right now! The sooner you get started, the sooner you can add up to 4 inches to your penis! What in the world are you waiting for?

William Lee Stevens

A Guide to Free Testosterone

Understanding free testosterone...

The distinction between "free" or bio-available testosterone is important because testosterone can not enter a cell and can have no effect on a cell if it is "bound" to protein. Testosterone that is not free floating in the blood stream is most commonly found attached or bound to a protein called "Sex Hormone Binding Globulin" (SHBG) and as testosterone production decreases with age SHBG increases with age, leaving less total free testosterone available to interact with the cells of the body.

At one time it was difficult to measure total free testosterone, but blood tests are now able to differentiate between total testosterone levels and levels of free testosterone. People who have symptoms associated with low testosterone levels are sometimes producing plenty of testosterone, but the testosterone is unable to enter the cells. Saliva tests, like the ones available for purchase on-line, will only determine total testosterone and are really worthless for someone trying to diagnose a testosterone deficiency.

SHBG is produced by the liver and is probably the body's way of controlling or reducing excess levels of testosterone. Because of this, testosterone supplements, particularly oral tablets and capsules, are often ineffective on total "free" testosterone. The extra testosterone just ends up bound to SHBG and is never able to enter the cells.

It is believed that the herb saw palmetto may reduce SHBG and thus increase the amount of free testosterone. There are no clinical studies to support this theory, but there are no clinical studies to support that saw palmetto does anything and yet it is commonly recommended to support prostrate health. Doctors often recommend it to men on hormone replacement therapy, because synthetic testosterone causes prostrate disorders in many men.

The goal of testosterone replacement therapy is to reduce symptoms of testosterone deficiency by increasing free testosterone. Many doctors have found the testosterone gel to

quite effective, because the testosterone does not end up bound to SHBG, but even the gel poses risks and can be transferred to other persons by skin to skin contact.

Many herbal remedies claim to increase levels of total free testosterone and even DHEA which is highly controversial is sold for this purpose. As research continues, so does debate leaving many men confused and frustrated.

Learn more about testosterone boosting therapies at http://www.testosterone-booster-guide.com

Dan Ho

A New Choice For Men's Shaving? Not Really!

There's been quite a resurgence in the use of straight razors by men over the last few years - is it for reasons of economy or do they just want to seem macho? This article takes a look at straight razors and a few myths concerning them . . .

Straight razors - sometimes called cut-throat, flat or open razors - were the only choice for men wanting to tame their stubble for hundreds of years before King Gillette invented the modern 'safety' razor. Straight razors then fell into decline, and quite a few urban myths were born about them - some true, some false. Here are a few to mull over:

1. 'A straight razor blade will cut at a touch.' True! But only if sliced across the skin - and any sharp knife will do that. A straight razor is basically a 'push-cutter' - that is, the edge is

pushed against the stubble and cuts through it. In this it is the same as the modern safety razor, although the blades of a safety razor are pre-set at an 'optimum' cutting angle and closely guarded.

2. 'The blade of a straight razor must be aligned with the Earth's magnetic field when not in use.' False. The theory behind this was that, as the blade of a straight razor is so fine - just a few molecules thick - aligning it North-South when not in use would allow the magnetic field of the Earth to restore the edge. In truth, a straight razor is whetted on a leather belt called a strop prior to, and sometimes during, use. This does in fact restore the microscopically thin edge to near-perfection giving, in effect, a brand-new edge for every shave.

3. 'You have to wrap your face in steaming hot towels before you shave with a straight razor.' False. Although this is often done by professional barbers it's not essential. The hot towel treatment merely softens the stubble, making the barber's job easier - and blunting the razor less! It's also quite a pleasant experience that adds to the overall satisfaction of having a shave in a barber shop. Remember also that mens' facial skin was probably a good bit tougher in days gone by due to the fact that many more worked outdoors - and skincare was virtually unheard of for men in those days!

4. 'Straight razors are just downright dangerous.' True. Then again, so is a machine gun, or a dump truck, or a frying pan. It depends on what's being done with them! Straight razors got their fearsome reputation from legends like Sweeney Todd, the Demon Barber of Fleet Street, or books like 'Murders in the Rue Morgue' (which didn't do much for the reputation of the Orang-Utang either!). Certainly you can cause terrible damage with a straight razor, but then you can do even worse with a machete, a sword or an axe. In fact, as a weapon the straight razor is a one-hitter - the blade isn't designed for strength and the edge would probably break on the first stroke. Really, though, the straight razor is only like any other piece of sharp steel - treat it with respect and you're fine. Mess around with it and the consequences

can be sudden, painful and messy. A straight razor is designed to do one job only - shave your face - so keep it for that!

5. 'Using a straight razor takes years of practice.' False. Like any manual tool, a straight razor does take patience and practice if you are going to get a really close shave, but it's surprising just how quickly you get the knack of it. There's also something satisfying in using a straight razor for your morning shave - it's not a task you can rush, even if you're an expert, so it has the effect of slowing you down a bit and stopping that rush-rush-gotta-get-ready-for-work frenzy that seems to affect more and more men these days. It concentrates and focuses the mind, too - tasks that require this level of skill and dexterity often do - and I've always found it leaves me calmer and more ready for my day.

So - maybe it is for reasons of economy, being fed-up of the 'throwaway' mindset of today, that men are throwing their safety razor in the bin and returning to an almost-forgotten skill. Or maybe it's just that they want the machismo of saying they scrape their stubble off with a fearsome legend - in any event, the popularity of the straight razor is most definitely on the upswing. Why not give it a go?

Steve Dempster regularly attacks his stubble with a straight razor and has lived to tell the tale. For more information and advice about straight razors, have a look at his website The Invisible Edge

Steve Dempster

A Simple Way to Increase Sexual Stamina

About 7 in 10 men suffer from premature ejaculation. Depending on how bad the problem is, it can often be embarrassing and stressful for both the partners. Sex is one of the biggest relievers of stress and it should not be a source of one.

The following techniques will allow you to overcome your premature ejaculation problems. There are a lot of pills and so called secret techniques being sold out there to solve this problem in a jiffy but the fact is that it takes time and patience to get better control over your ejaculation.

Did you know that a woman needs at least 15-20 minutes of sexual arousal in order to have an orgasm. If you cannot last that long, you might not be pleasing your woman. You must also be aware that a lot of women fake an orgasm to satisfy their lovers but would love to feel a real orgasm.

Your ejaculation problems are often related to the way you masturbate. Most men must have ejaculated very quickly when they were young because they wanted to masturbate very quickly. This is mostly because they did not want to be caught with their pants down in an embarrassing situation.

You can try to reverse this process by practicing a delaying procedure. The next time your masturbate, practice the following. As you get close to climaxing, take your hands off and allow the sensation to subside. It might be difficult to do at first but you will start to get the hang of it as time goes along.

The more and more you are able to delay climaxing during masturbation, it will directly show when you are having actual sex. Ejaculation problems are mostly mental problems that can be eliminated with a simple training of the mind.

Did you know that you can enlarge your penis with penis enlargement exercises in just 8 weeks.

Learn more about these penis enlargement exercises that will increase your penis girth and length in a natural way.

Nick Stevens is an Expert in Natural Male Enhancement

Nick Stevens

A Week of Hand Exercises That Put You on Your Way to Adding 3-4 Inches to Your Penis

Most men are use to watching penis pill commercials that promise incredible gains in only a weeks time. Let's face it, this does not happen, and penis pills do not work. Adding 3-4 inches to your penis requires some time and dedication. If you persevere, however, you will see results that will stay with you for the rest of your life. You won't regret. Your erection will be longer, thicker, and harder.

How much time every week do I need to dedicate to hand exercises?

If you're truly dedicated to adding several inches to your penis, then you should be working out about two to two and a half hours each week. This may seem like a lot, but if you consider the amount of time put into other forms of typical exercise, you'll soon realize that this is a very reasonable amount of time. Not to mention, hand exercises contribute to gains that last a life time! Not too many men really comprehend the scope of such a statement. If you add 3 inches, you can stop, and the size of your penis will remain the same until the day you die. This is because the penis is not a muscle, but rather an intricate network of tissues and ligaments.